

### **Nutrition Education**

Promote healthy eating patterns through classroom nutrition education coordinated with the comprehensive health education program including education, health and food services. -- American Heritage Charter School

Nutrient analysis will be available to teachers, parents, students and health professionals when requested. -- Homedale S.D.

Provide parent nutrition education materials at each school as well as being included in the Food Service's menu/information booklet and webpage. – Middleton S.D.

The District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects. – Moscow S.D.

### **Nutrition Promotion**

Schools will attempt to provide a pleasant eating experience for students and adults by adopting the following procedures: a) student input is solicited for meals; b) nutrient analysis be available to teacher, parents, students, and health professionals when possible. – Blackfoot S.D.

Schools will encourage parents to provide a healthy breakfast to their children through newsletter articles, take home materials, or other means. – Camas County S.D.

The district and individual schools shall take a proactive effort to both educate and encourage students to make nutritious food choices. – Shelly S.D.

Promote healthy eating patterns through classroom nutrition education coordinated with the comprehensive health education program including education, health and food services. – Wallace S.D.

### **Physical Activity**

Provide extra-curricular activities that enable students to select from a variety of sports and other active-oriented endeavors. -- Answer Charter

Elementary students will be provided the opportunity to participate in daily recess. -- Basin S.D.

Schools will strive to provide 100 minutes a week in elementary grades and 225 minutes a week in middle and high school grades of physical education. -- Council S.D.

Will continue to support fitness by offering PE programs to students in all grade levels. Patterns of meaningful activity will connect to student's lives outside of physical education. In addition to PE, students on the secondary level are offered a variety of extra-curricular programs, and participation will continue to be encouraged for all. – New Plymouth S.D.

Physical activity is to be encouraged through active engagement in recess, physical education classes, and intramurals which maximize the use of available space, time, and personnel. – West Jefferson

### **Other School-Based Wellness Activities**

Provide District staff with adequate pre-service and ongoing in-service training that focuses on strategies for behavioral change. -- Hagerman Jt. S.D.

The District supports an employee health and wellness program that encourages its employees to become more involved in managing their health and to be healthy role models. -- Lewiston S.D.

District curriculum will include instructional goals and activities that inform students about the effects of substance abuse, negative peer pressure, and the development of a positive, productive and safe life style. -- Marsh Valley S.D.

Promote learning experiences in instructional gardens, kitchen classes, eating spaces and local farms when appropriate. -- Palouse Prairie S.D.